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http://www.lakenheath.af.mil/ current/jet48.htm

Cover photo by SSgt. Val Weaver

Fire safety

We can make the difference

By Paul Giles Base fire chief

As individual members of our families and members of our communities, we can make the fire safety difference. More fire safe cooking and smoking practices, and knowing how to "stop, drop and roll," and cool a burn make the fire safety difference.

We must take individual action

☐ To practice fire safety when cooking. Stay in the kitchen whenever frying something on the stove. Cover a grease fire with a lid and turn the burner off. For an oven fire, close the door and turn the heat off. Turn pot handles in to avoid burns from spilling hot food. Remember, wear tight-fitting sleeves when cooking.

☐ Smokers need watchers. For individual fire safety, monitor all smoking at home. Have large, deep ashtrays for smokers to use. Before going to bed, check upholstered chairs and sofas for cigarettes butts that may have fallen between the cushions.

☐ Stop, drop and roll. Stop whatever you are doing. Drop to the ground or floor. Cover your face with your hands to avoid breathing flames. Roll over to smother the flames.

☐ Cool a burn. The skin can keep burning even after the source of heat - flame, hot surface, hot liquid, or steam—is gone. Put cool water on a burn to stop the skin from burning and to help control the pain. Burns may be more serious than they first appear. See a doctor right away about a burn that chars or whitens the skin, that causes blisters, or begins to look infected.

Families depend on each other for fire safety. Know how to use smoke detectors, practice EDITH (Exit Drills In The Home), and how to heat without getting burned to protect our families from fire.

We protect our families by:

☐ Installing and maintaining smoke detec-

tors. Smoke detectors giving people time to escape to safety. Make sure your home has enough smoke detectors outside of every sleeping area, and on every floor level. Follow the manufacturers' directions on installation, testing and maintaining your detectors.

☐ Heat without getting burned. Keep your family warm and safe by giving space heaters at least 36" of clear space on all sides. Use special care when refilling space heaters that use liquid fuel. Wait until the unit is cool. Use only the correct fuel and always refuel the heater outdoors.

Fire safety is a community concern. We can make the fire safety difference in our communities by making our voices heard.

We help our communities by:

☐ Demanding the protection you deserve in public places. The fire safety of public places, such as schools, restaurants, and shopping malls, is serious business. Protect yourself and others by immediately reporting blocked or locked exits, and inoperative exit lights to the management. Call the fire department if an exit is not immediately cleared.

☐ Supporting fire department activities and needs. Keep fire lanes clear and yield to all emergency vehicles. Support the adoption and strong enforcement of fire safety codes.

☐ Encouraging "Learn Not to Burn" in your community schools. Recommended by the National Education Association, the "Learn Not to Burn" curriculum works. Children who study fire safety through the curriculum learn to protect themselves and others from fire. The curriculum has saved many lives according to documented case histories.

We can make the fire safety difference. "Learn Not to Burn" by knowing and using simple techniques such as these. By knowing what to do, we can each make the fire safety difference as an individual, as a member of a family, and as a member of our community.

And always think fire safety!

Action lines

The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of com-mand. When normal command and agency channels haven't been able to resolve your con-



toresoive your con-cerns, call (Ext. 2324), fax (Ext. 5367), e-mail (Action_Line), send through dis-tribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anony moust to receive a reply leave your name, unit mous; to receive a reply, leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

Hdwlsm 48th Fighter Wing commander

Cool head in fire

We had a fire at our home in base housing. I would like to thank all our friends and neighbors for their kindness and offers of help. We also thank the firemen and other people who also did a great job when they arrived at our home. Most especially, we would like to thank TSgt. Mark Garcia who, without a moments hesitation, took charge of the situation. If it wasn't for his quick thinking and cool head things could have been more serious. Again, thanks to everyone for their concern and kind-

Your unfortunate incident highlights the wing's willingness to help each other during difficult times. Your friends and neighbors are to be commended for their concern and quick action Garcia is only one of the wing's dedicated firefighters who responded with a job well done. Their teamwork quickly averted a disastrous situation and prevented the spread of fire to other nearby units.



Archeologists make major Saxon discovery

By Capt. Patrick Ryder 48th Fighter Wing public affairs

Suffolk County archeologists unearthed the ancient burial site of a Saxon horse and rider here Monday—an extremely rare find, according to site officials.

The find is one of the major archeological discoveries in the United Kingdom this year and is of national importance, said John Newman, a Suffolk County Council Archeological Service Field Team representative. Archeologists believe the horse and rider were buried around 550 A.D.

This is the first horse discovered at the site and only the fifth ever in East Anglia. Newman claims this site parallels a similar discovery at Sutton Hoo in Woodbridge near Ipswich in 1991. That find is detailed in an exhibition at London's British Museum.

Angela Evans, the archeologist who uncovered Sutton Hoo, visited RAF Lakenheath Friday along with several British Museum officials to assess the discovery. She said it was "a very special find."

Most significant is that the grave contains a man and a horse buried together, explained Evans, now a British Museum curator in London. At Sutton Hoo, a man and horse were also discovered, but were in separate graves.

"It's very interesting, certainly in this country, to have both together," she said. "It's very much seen on the continent (Europe), but not in Britain. It's very exciting."

The horse's remains feature a decorative harness, still in place, which allows researchers to reconstruct exactly how it was worn nearly 1,500 years ago, explained Newman. A ring ditch was also discovered around the site which indicates the rider or owner of the horse was very wealthy as the grave originally had a burial mound.

"I would like to think that it actually tells us that (the Saxons) were better horsemen than we naturally imagined," said Evans. "People have always thought that the Saxons were actually pretty inept horse people."

More than 150 Saxon graves from the same period have been discovered at the site since excavations began in July during initial preparation of a U.S. Air Force dormitory construction project there. Building planners built a buffer zone into the construction schedule to allow for such discoveries, in light of past archeological finds here. Another Saxon cemetery was uncovered forty years ago during the construction of the base hospital in 1957.

Artifacts found so far include swords, spears, shields, brooches, beads and tools, all of which help researchers understand better how people lived during this era. One burial site contained "the full warrior weapon set of sword, shield, and spear," said Newman, which indicates the owner was wealthy.



Photos by Capt. Patrick Ryder

Suffolk County Council archeologists discovered the burial site of this ancient Saxon horse and rider here. More than 150 Saxon graves have been discovered so far in the area across from the base library last week.

Archeologists expect to find nearly 200 grave sites before completing their excavation at the end of October. The project site manager is Suffolk County Council archeologist Joanna Caruth and is funded by Britain's Defence Estate Organization at the Ministry of Defence.

"Throughout all of the work on site, close cooperation and support has been given by the U.S. Air Force personnel," said Newman.

The archeological project has not hindered dormitory construction due to the built-in buffer period, said RAF Lakenheath officials. Construction is still scheduled to begin Nov. 3.



Archeologist Jonathan Van Jennians brushes soil from the remains.

Groups join with schools in partnership program

By SSgt. Scott Davis 48th Fighter Wing public affiars

A new partnership has started between the Department of Defense Dependents Schools here and units on RAF Lakenheath and RAF Mildenhall.

The venture, called Community Schools Partnership Program, matches a unit from each base with one of the schools.

"This program benefits us in two ways," said Steve Michael, schools liaison officer. "It provides a direct link to the units – which have many personnel who have children attending the schools – and it gives a formal channel to get more involved in school activities.

"Secondly, it helps the schools and staff feel more a part of the base."

Through the program, the units give faculty and staff a chance to see how the base operates and performs its mission. In turn, members of each unit give back to the schools through support of school programs.

Wednesday, the 48th Operations Group hosted faculty members from Lakenheath High School. The teachers and staff were given a tour and orientation briefings.

"It's just beginning," said MSgt. Bill Maxwell, the group's coordinator. "Both organizations have begun to map out objectives for our partnership program and explore ways that we can reach out and get involved in various school programs and activities and the mentoring of these young people."

"This is a very important program," said Col. Norm Seip, 48th Operations Group commander. "Whether it's volunteering time to



Photo by SrA. Robert Gerlach

Amn. Diane Crowther, air traffic controller, works while CMSgt. Eugene Newton describes the radar approach control facility to RAF Lakenheath High School history teacher Charles Bluem.

assist at a school function or activity, or working one-on-one in a big brother, big sister program — everyone from our airmen to our officers can get involved. Anything we can do to positively influence these young people will reap huge dividends."

Community Schools Partnership Programs are starting throughout Europe with U.S. Air Forces in Europe and U.S. European Command units.

Local partnerships are: Lakenheath Elementary with 48th Logistics Group and Team Mildenhall Partner Units; Lakenheath Middle School at RAF Feltwell with 48th Medical Group and 100th Support Group; Feltwell Elementary School with 5th Space Surveillance Squadron and 100th Operations Group; and Lakenheath High School with 48th Operations Group and 100th Logistics Group.



Bazaar crafts

Visitors to the officers' and civilians' spouses' club holiday bazaar last weekend take the opportunity to watch weaving on a loom. During the bazaar, donations were presented to the American Red Cross, the 48th Security Forces Squadron DARE program, Diana Princess of Wales Foundation and Heaing Dogs for the Deaf. This year's bazaar raised more money than last year. Proceeds will benefit base and community charities

Information super highway can lead to trouble

By SrA. Lisa Krebs **Public Affairs**

Modern technology has made many things possible via personal computers. Computer users can access a world of information on almost any topic – a massive, current library to be referenced for work and personal use.

Quite a lot of people today have access to personal computers and the internet at their work stations. Along with e-mail, this resource makes many jobs easier and quicker to accomplish. Unfortunately, it also makes it easier for the system to be abused.

TSgt. William Simms, chief, accounting and liaison office, uses the internet for new comptroller software programs and retrieval programs to gather information from their database in Germany. "Many of our regulations are now being posted only to web sites for downloading, and hard copy distribution is almost a thing of the past," explained Simms.

Access to the internet, or the LAN, and use of e-mail, is to be used for official business only, explained SSgt. Jennifer Ostrander, network security office.

"Right now, about 80-percent of sites visited are unofficial, which is unfortunate to the users who need to get to a ".mil" site and look up computers parts, order furniture or complete official business.

Rachel Rivett, base chapel, uses the internet to download pictures to insert into official packages and thinks it "insulting to the rest of us who use the system for work purposes only" when people browse through unofficial sights. "They obviously need a lot more work," she added.

"When users see the message 'open sesame error, try again later,' it's because there are too many users trying to get on the net," she explained.

As for e-mail, the communication squadron points out that some areas to avoid are: sending or receiving e-mail for commercial or financial gain using Air Force systems; intentionally or unlawfully misrepresenting your identity or affiliation in e-mail communications; sending harassing, intimidating, abusive or offensive material to or about others that violates Air Force standards of behavior – such as humor considered in poor taste, political or religious lobbying and pornographic material. Also, people must not use someone else's identity (user ID and password) without proper

Other things to avoid on e-mail include sending chain letters, or forwarding jokes to large groups of people.

"A lot of e-mails get forwarded on and on, things such as the good luck totem, or e-mails that say 'this is not a chain letter' but ask you to forward them to twenty friends and so on to help someone, or for better luck. It holds up the system and oftentimes the e-mails aren't legitimate," said Ostrander.

Many people who fall into the abuse of the net use it to browse through sports pages,



Photo by Capt. Patrick Ryder

lated sites is forbidden. "This means that if someone visits an illegal or inappropriate site, we'll know not only what site was visited, but who visited it and when, simply by checking the proxy log, which we do once a day," said the network security officer. "We're able to type in key words, which the program then matches to sites visited listing those key words, making tracking

SrA. Patricia

Fighter Wing

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quality office,

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Ostrander pointed out, however, "cybersitting the base to make sure no one is abusing the LAN is not our primary job. Our primary job is network security, ensuring hackers, intruders, etc. are not gaining access to our network. The time spent chasing down abusers takes away from the time we could spend working on network security."

visits to these off-limits sites easier.'

Lawrence Kahler, network center chief, described an actual recent case of network abuse.

The network security office was in an exercise countering attacks from hackers trying to gain access to the base network. It was a world-wide exercise with "hackers" from the United States and other countries "breaking into" the system to see if the network security office would respond appropriately.

During the exercise, however, a real-world incident came up. Someone had spent a large amount of time in several chat rooms. The individual accessed inappropriate sites. Attention then had to focus away from the exercise to investigating this incident. It took six hours of "good training experience away from us," according to Ostrander.

"I don't expect everyone to read the Air Force instructions that govern the use of email and the internet, but I highly encourage it," said Ostrander. "Each AFI specifically states 'For Official Use' — no interpretation there. There is a grey area when "Authorized Use" comes up," said Ostrander. "Some commanders allow their folks to come in early, browse at lunch or stay a few minutes after work to access the news.

"Avoiding the grey area is easy. If you can't stand in front of your commander and first sergeant and justify why you were visiting a particular site, then don't go there."

newspapers and similar sites of personal interest. While there's nothing wrong with doing this on home computers, using a government computer during government time to browse through personal interest sites is considered abuse. People who 'browse' hold up the system, making it more difficult for people who have actual official business to gain access to

We have logs that show users spending hours at unofficial sites. Not only are they holding up the system, but they're obviously not doing their work. What office allows people to spend three hours browsing through newspapers at their desk? It amounts to the same thing," said Ostrander.

"People browsing sports sites for five hours a day limits access for people attempting to use the LAN to do their jobs. Being able to retrieve and send data and information is a constant requirement for comptroller people, and anything that impedes that access is unacceptable," said Simms.

The other category of people who fall into the abuse category are the ones who go to illegal or inappropriate sites, thinking they won't get caught.

This includes visitors to pornographic sites and chat rooms, two definite nos, according to

'When we investigate someone who's been visiting chat rooms or an illegal site, we report that individual to the squadron commander, and punishment is left to the decision of the commander," explained Ostrander.

It used to be that anyone could access the net at any time and go anywhere without being tracked. Then, developments allowed abuses of the LAN to be tracked to a particular computer in a work area. The problem was many computers had multiple users working different shifts. But recently, even that changed.

'We have a new computer program running that lets us track who's visiting what web site by name. With this program, users must log into a proxy before accessing the net, and by doing that, users give us their name and the sites they have visited," explained Ostrander.

Ryan takes oath as chief of staff

WASHINGTON (AFNS) — Gen. Michael E. Ryan was sworn in as the 16th Air Force chief of staff during a private ceremony at the Pentagon Monday. Deputy Secretary of Defense John J. Hamre conducted the ceremony.

As he begins his tenure as the chief of staff, Ryan's vision as the leader of the Air Force encompasses three themes.

☐ A team: The Air Force is committed to meeting the future security challenges of the nation by working with the other services as partners in America's joint team.

☐ A force: The Air Force must be a force which is well trained, well equipped and seamlessly organized. The Air Force is becoming more expeditionary and must package all elements: active duty, Guard, Reserve and civilians as a single air expeditionary force to utilize the unique capabilities of air and space power within the joint team

☐ A family: The Air Force has built a strong legacy based on the trust and bonds that have developed among its members. The Air Force will continue to hold its members up to a high level of accountability to maintain that trust and work to ensure a high quality of life for its members and families.

Prior to assuming his current position, Ryan was commander of U.S. Air Forces in Europe and commander of Allied Air Forces Central Europe, both with headquarters at Ramstein Air Base, Germany.



Exploring their futures

Courtesy photo

From left, Steve Collens, Tanesha Alexander, Jens Knudsen, Danielle Miller, Kristina Callahan, Charuidawn Schukei and Amber Legg carry a litter during training with Explorer Post 912. Young adults can join by calling SrA. Arthur Jacobs at Ext. 4226 for medical or SSgt. John Catterson at Ext. 1420 for security forces.

People first

Question: Are all assignments advertised?

Answer: Most positions for lieutenant colonel and below are advertised through the Officer's Job Assignment System, Enlisted Quarterly Assignments Listing or EQUAL-Plus. However, there are a two exceptions:

Direct Hire and Special Programs.

Direct Hire: For some key positions, it is optional for major commands to advertise or hire directly. Positions include: field grade commanders, group deputy commanders, "B" prefix or operations officers, wing chiefs of safety, and general officers' aides/executive officers. Also, advertising is optional for internal realignments. In these cases, commanders may move people within their own immediate organization and then advertise for the subsequent vacancy.

Special Programs: There are approximately 4,000 officer and enlisted positions which are selectively manned. These positions are not advertised because association with a unit or Air Force Specialty Code may compromise program security. Assignments for special programs are managed by the Special Programs Assignments Division at the Air Force Personnel Center.

For more information on these or other questions, contact your local military personnel flight or visit the AFPC homepage at http://www.afpc.af.mil, or call AFPC at 1-800-558-1404.

Prepare for chief of staff survey

WASHINGTON (AFNS) — An Air Force survey unlike any before arrives in October at bases worldwide for all active-duty and civilian members.

Base points of contact will administer an entirely new Chief of Staff of the Air Force Survey assessing both quality of life and organizational climate in a single, combined format.

"To reach the Air Force vision, 'Global Engagement: A Vision for the 21st Century Air Force,' we must ensure excellence in quality of life and the work environment for our people," said Air Force Vice Chief of Staff Gen. Ralph E. Eberhart. "The survey is a convenient, anonymous way for members to provide valuable information to leaders in the chain of command — all the way from unit commanders to the chief of staff."

The survey is composed of two sections: quality of life and organizational climate, which total about 130 questions. Separate versions are tailored for civilian and active-duty members.

The Pentagon Quality of Life Office, along with functional representatives responsible for planning and executing major programs at the Air Force level, prepared the quality-of-life section. Key areas addressed are base-level community and educational programs, personnel tempo, compensation, medical care, housing and retirement programs. Survey results will be reported to all wing, numbered air force and major command commanders.

The organizational climate section ad-

dresses 14 major themes such as leadership, communication, supervision, teamwork, job satisfaction and general climate. Organizational climate results will be delivered to all unit-level commanders to debrief their organizations and design appropriate actions for addressing major issues. Safeguards are in place to protect individual identities.

"All active-duty and civilian members must have an opportunity to participate," Eberhart said in a letter to all commanders. "We are seeking maximum participation in order for the results to be most effective."

The Air Force Center for Quality and Management Innovation will compile the quality-of-life and organizational climate results in cooperation with the Air Force Personnel Center and U.S. Air Force Academy Office of Institutional Research. Commanders at all levels will receive survey results in January.

In a message to survey participants, Eberhart emphasized the influence the survey will have on key decisions that will directly impact the future of the Air Force.

"We're counting on you to let your voice be heard," he said. "In turn, we look forward to sharing the Air Force-level results early next year."

For more information, a list of installation points of contact and frequently asked questions about the survey, see the Air Force Center for Quality and Management Innovation home page at http://www.afcqmi.randolph.af.mil/survey/survey.htm.

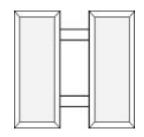


Promotions

To Lieutenant colonel

John West, 48th Medical Operations Squadron.

To Captain



Adrienne Ault, David Bost, David Deaton, Stephen Griep, Kevin Weppner and April Quillin, 48th MDOS.

To Chief Master Sergeant

Julie Southwick, 48th Communications Squadron.

To Senior Master Sergeant

Dennis Doughty, 451st Intelligence Squadron; Paula Pridgen, 48th Fighter Wing; and Jesse Turner, 48th Supply Squadron.

To Master Sergeant

John Billiar, 48th Equipment Maintenance Squadron; Michael Grady, 48th Security Forces Squadron; Michael Noles, 5th Space Surveillance Squadron; and Tracy Wilhelm, 48th Medical Support Squadron.

To Technical Sergeant

Johnny Chapman, 5th SSS; Floyd Grammer; 48th Operations Support Squadron; Deborah Marsh, 451st IS; Karen Robinson, 494th Fighter Squadron; Terri Trujillo, 48th FW; and Daniel Westerdale, 451st IS.

To Staff Sergeant

Denise Johnson, 48th MDSS; Jeffrey Merritt, 48th EMS; and Jeremy Symonds, 18 Intelligence Squadron, Detachment 4.

Below-the-Zone



Robert Grooms, 48th SFS; Daniel Shaw, 48th CRS; Juan Vasquez, 48th CRS; Nelson Wolfmeir, 493rd FS. To Senior Airman

To Senior Airman

Justace Clutter, 48th EMS; Kevin Dollar, 494th FS; Richard Dyer, 48th EMS; Beverly Fish, 48th FW; Lisa Fisher, 48th EMS; Tyrone Forrest, 492nd Fighter Squadron; Brett Fort, 48th EMS; Jason Foster, 48th Civil Engineer Squadron; Matthew Gallo, 48th EMS; Matthew Graham, 48th Component Repair Squadron; Kenneth Johnson, 48th SFS; Michael Jones, 48th MDSS; Louanna Mayberry, 48th Dental Squadron; Christy McKee, 48th SUPS; Kenya Mims, 493rd Fighter Squadron; Timothy Raabe, 48th EMS; Jolene Smith, 48th MDSS; Ray Wilcox, 48th SFS; and John Wood, 48th EMS.

To Airman First Class

Daniel Atkins, 48th CRS; Andrew Billings, 494th FS; Farrell Bowers, 48th SFS; Lucas Buehrer, 48 SUPS; Samantha

Cameron, 494th FS; Daniel Casabian, 48th SFS; David Chick, 493rd FS; Anthony Collyard, 492nd FS; Joshua Conner, 493rd FS; Diane Crowther, 48th OSS; Corey Ellis, 494th FS; Francis Estes, 48th SFS; Johnathan Gamer, 48th MDOS; Anthony Graham, 48th CRS; Troy Grubaugh, 48th SFS; Larry Hensley, 493rd FS; Jeffery Kiech, 494th FS; John Kramak, 492nd FS; Richard Kurr, 48th CRS; Brian Lawson, 48th MDSS; Christopher McFadden, 494th FS; Jacob McGee, 494th FS; Kyle Meyer, 48th SFS; Justin Mundell, 492nd FS; Renee Ochampaugh, 48th EMS; Joseph Paree, 48th SFS; Shane Phillips, 493rd FS; Larcario Tufts, 492nd FS; Adrienne Westfelt, 48th Comptroller Squadron; Christopher Wimmer, 492nd FS; and Stephen Yavorsky, 48th CRS.

To Airman

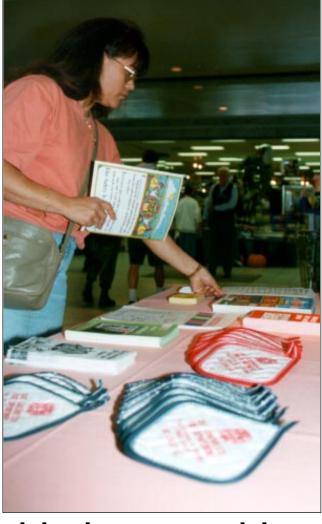
Lucas Applewhite, 48th SFS; Steven Badger, 48th MDSS; Danny Barnett, 493rd FS; April Cook, 48th SFS; Shanti Davis, 48th Mission Support Squadron; Byron Morgan, 48th SFS; Leontine Morgan, 48th EMS; Garland Stanley, 48th SFS; and Jennifer Williams, 48th SUPS.

Awards

Congratulations to the following quarterly award winners, July through September: Airman of the quarter, SrA. Kandyce Griffin, military personnel flight; noncommissioned officer of the quarter, SSgt. Del Chavarria, MPF; senior NCO of the quarter, MSgt. Marty Brennan, MQ; company grade officer of the quarter, Capt. Shannon Rogers, XP; civilian of the quarter, Lisa Lambo, MPF.

September's garden of the month winners are: RAF Lakenheath, Capt. Keith and Christine Givens; satellitte housing, MSgt. Philip and Lynda Aldering; leased housing, SSgt. Thomas and Sharron Weigand.

Fire Prevention Week





SrA. Joe Jones, children how to

Maureen Niska looks through fire prevention information at a display table at the main exchange. Fire Prevention Week began Monday.

Tips help prevent kitchen cooking fires

By Santiago Olmeda Assistant fire chief

If you leave something cooking on the stove when someone calls, "Come see this," or when the phone rings, you may find the kitchen engulfed in flames when you return.

Six fires in six weeks were caused by unattended cooking at RAF Lakenheath.

Every year, more than a 100,000 fires start in home kitchens in the United States, killing hundreds and injuring thousands of people. Don't let this happen to you. You can prevent kitchen fires and burns by following simple fire safety rules.

Don't leave cooking unattended. The first step to safe cooking is to stay in the kitchen whenever something is cooking. Also, turn off appliances promptly when you finish using them. Coffee pots, toaster ovens and other appliances can overheat and cause a fire if left on.

☐ Always unplug electrical appliances not in use. Keep appliances clean — built-up grease catches fire easily. Clean ovens, stoves, and other appliances regularly.

☐ Protect yourself by always wearing closefitting sleeves when you cook. Loose sleeves can catch fire when they dangle near hot burners. For added safety, don't store things over the stove where you must reach over hot burners to get them. Keep combustible items clear of the stove. If pot holders, dish towels, paper towels, and plastic utensils come too close to a hot burner, they can start a fire.

☐ Don't overload kitchen electrical outlets. You might cause an electrical fire by plugging too many appliances — such as electric frying pans, toasters, or coffee makers — into the same outlet. Another electrical hazard is any cord that is cracked or frayed — replace these immediately.

Heat cooking oils slowly. Keep a careful watch while heating cooking oils. A fire can easily start if you set the burner too high and then leave the pan unattended. If a fire starts, smother the fire. Never put water on a cooking fire! If the pan containing food catches fire, slide a lid over the pan, then turn off the burner. Do not attempt to move the pot from the stove. If a fire starts in the oven, close the oven door and turn off the heat. If the flames do not go out immediately, call the fire department.

☐ Watch out for microwave burns. Microwave ovens stay cool, but what's in them can get very hot. Use a pot holder when removing

food from the microwave. Remove lids with caution to prevent steam burns, and test the temperature of food before eating it. If anything catches fire in your microwave, keep the door closed. Opening the door will provide oxygen to the fire. Leave the door shut and turn the microwave off.

Keep a serviceable class ABC fire extinguisher in your kitchen, and learn the ABCs of fire extinguishers. Use your fire extinguisher only if:

☐ You know you have a class ABC fire extinguisher and you know how to operate it;

☐ The fire is small and contained in the area where it started;

☐ The fire department is being called;

☐ You can fight the fire with your back to an exit.

If any of these don't apply, get out immediately and call the fire department by dialing 999.

Statistics show that on average during our lifetime, each of us can expect to be involved in a fire serious enough to call the fire department. Planning ahead for a fire emergency is vital. People who plan what to do in a fire emergency and who have the determination to survive are most likely to do so. Remember, think fire safety.



Photo by SSgt. Scott Davis

fire prevention office, shows Lakenheath Elementary School crawl beneath smoke during a fire.



Courtesy photo

More than 100,000 kitchen fires, like the one which damaged this house, are started each year.

Prepare for worst with home fire drills

By Santiago Olmeda Assistant fire chief

Every year, nearly 5,000 Americans die in home fires. That's 13 people a day dying in their own homes. Tens of thousands more suffer pain and disfigurement from fire injuries.

It could happen to you and your family. People can survive even large fires in their homes if they get out quickly. To be among the survivors, there are two things you can do: maintain some detectors to warn you of fire, make a fire escape plan and practice it.

The majority of fatal home fires happen while people are asleep. Every home needs smoke detectors to wake them up before they are trapped or overcome by smoke. With working detectors, your risk of dying in a fire is cut in half. Test your detector at least once a month and change the battery annually.

When fire occurs, there's no time for planing. Sit down with your family today and make a step-by-step plan for escaping a fire. Draw a diagram of your home and plan two ways out of every room, especially bedrooms. Be sure you can unlock all locks and open windows quickly, even in the dark. If you must escape from a second-story window, be sure you have a safe way to reach the ground. Make special arrangements for small children and people with disabilities.

Plan to get out fast. In case of a fire, don't wait for any thing. Do not try to take any possessions or pets. Just get out! Call the fire department after you're out. Everyone should gather at one meeting place outside, preferably at the front, where the fire department will arrive. Each family member should know how to call the fire department from a neighbor's house. Make sure everyone knows that once they're out, they must not go back for any reason. If people are trapped, it's fire fighters who have the best chance of rescuing them.

Once you make your plan, practice it. At least twice a year, have a fire drill in your home. Appoint someone as the monitor to sound the alarm and make sure everyone uses their planned escape route. Remember, a fire drill is not a race. Get out quickly, but carefully.

The majority of fires occur when people are sleeping. To start your drill, go to your bedroom, close the door and wait for the monitor to sound the alarm. Make your exit drill as realistic as possible. Practice both escape routes. Pretend that certain exits are blocked by fire, that the are no lights, and the hallways are filled with smoke.

Test every door. Before opening a door, feel it with the back of your hand. If it's hot, use your second way out. If the door is cool, open it carefully and be ready to slam it shut in case heat or smoke rushes in. As you leave close all doors behind you to slow the spread of fire and smoke. Smoke contains deadly gases and is hot, so it will fill the room from the top down. If your only escape is through smoke, the best air will be near the floor. Get down on your hands and knees and crawl quickly to an exit.

If you're trapped by the fire, close doors between you and the fire. Stuff the door cracks and cover vents to keep smoke out. Wait at a window and signal with a flashlight or by waving a sheet or other light colored cloth. If there is a phone in the room call the fire department and tell them where you are.

Delay is deadly. If a fire starts, smoke detectors give you early warning. You need to know how to get out without delay. Exit drills make sure your family can get out quickly when there is time for mistakes. A planned escape is a great escape!



Inspector general visit

The U.S. Air Forces in Europe inspector general visits RAF Lakenheath Oct. 21 and 22. To make an appointment with the inspector general, call TSgt.Todd Edeker at Ext. 5124 or Ext. 4500. Walk-ins are accepted.

USAFE band performance

The U.S. Air Forces in Europe band plays Oct. 21 at the Breckland Middle School in Brandon. To purchase tickets call Eileen jacob at (01842) 810409.

JROTC positions available

The Air Force Junior ROTC program has openings for retired noncommissioned officers and officers in the aerospace instructor field. Write to HQ AFROTC/DOJI, 551 East Maxwell Blvd., Maxwell AFB, AL 36112-6106, or call DSN 493-7741/5300 for an application.

Recruit-the-recruiter

The recruit-the-recruiter team conducts a one-hour-briefing Oct. 29 in the 492nd Fighter Squadron auditorium. Staff-sergeant selects through master sergeants with less than 16 years in who are within 13 months of their date-estimated-return-overseas, are eligible. Qualified candidates will be selected on the spot.

EQUAL list for overseas returnees due Oct. 15

The latest Enlisted Quarterly Assignment Listing of available assignments for overseas returnees becomes available at military personnel flights and on Air Force Personnel Center's World Wide Web home page Wednesday. This list includes assignments for people eligible to return from overseas in February through April 1998.

Assignment preferences be updated by Oct. 28 to ensure the information is updated in the computer system before actual assignments are made. Assignments will be released around Dec. 1.

New listings are released quarterly for assignments available at overseas locations, plus assignments available for those returning from overseas areas. All special-duty assignments appear on EQUAL-Plus and

are updated weekly.

The military personnel flight and commanders' support staff offices have copies of the listings and can help people update their preferences. People on temporary duty during the advertising period should contact the nearest personnel office for assistance

People can access the AFPC home page at http://www.afpc.af.mil. Then click on the highlighted "assignments" text or through the Air Force's home page at http://www.af.mil. For more information call the military personnel flight at Ext. 1845. (AFNS)

Mailing gifts stateside

American service members planning to mail gifts home this year should be aware of duty taxes they may have to pay. U.S. law imposes a tax, or duty, on foreign-made imported goods. For U.S. personnel overseas, that means gifts sent home this Christmas may be subject to taxation.

American-made items mailed from overseas locations remain duty-free if they are not altered abroad in a way that increases their value, according to U.S. Customs officials.

Foreign-made gifts are allowed into the country duty-free if their retail value is under \$100. Multiple gifts can be shipped stateside but the recipient cannot receive gifts totaling more than \$100 on any given day. Also, if a single gift is valued at more than \$100, the entire shipment is subject to tax and a customs-processing fee.

"Many people think that gifts bought in military exchanges can go to the states dutyfree," said Norman Kaucher, customs program manager at European Command, "but this is not necessarily true. The items have to be American-made to gain duty-free entry."

There are some breaks for people stationed overseas. "These people can send personal belongings home duty-free if they have official change-of-station orders," Kaucher said.

"Just put a copy of your orders in an envelope, stick it to the parcel and write clearly on the outside, 'Returned Personal Effects - Orders Enclosed,'" Kaucher said.

The "International Mail Imports" pamphlet available at military customs offices has more information on mailing gifts to the United States. (USAFENS)

Tips to conserve energy

October is Energy Awareness Month.

Last year, the base civil engineer paid \$7,833,362 for oil, gas, electricity and water for RAF Lakenheath and RAF Feltwell. To low this cost, people can:

☐ Turn off computer monitors overnight -- saving enough energy to laser print 800 pages.

☐ Turn off the photocopier overnight -- saving enough to make 5,300 copies.

☐ Turn off the office lights overnight -- saving enough energy to heat 1,000 cups of coffee.

☐ Close one open window for a day -- saving enough energy to produce 130 wine bottles.

Liberty Warrior

'Can do' person of the week



Photo by SrA. Grace Hunt

SrA. Robert Harrison

494th Fighter Squadron ometown: Savannah. Ga.

Hometown: Savannah, Ga. **Time in service:** Five years

Time on station: Four and a half years **Role in mission:** F-15E specialist, avionics **Hobbies:** Basketball, going out and listening to music.

Favorite movie/book: Godfather parts I, II and III.

How do you contribute to the wing mission? I provide top quality maintenance and technical expertise to ensure the wing meets its goals and objectives.

What advantages are there to being stationed here? The chance to experience the diverse cultures of England and Europe.

What would you most like the change about the Air Force? I'd like there to be a greater appreciation and more incentives for the enlisted corp.

Who is your favorite leader in history and why? Martin Luther King Jr., because he wanted freedom for everyone.

If you could live in any period of history, when would it be and why? The 1970s, because it was a defining time for disco music and movies.

What's your favorite region of the United States and why? The east coast, because of the fresh seafood and family ties.

How do you think core values can be better applied in the Air Force? By enforcing them equally throughout the ranks.

How will you celebrate the millennium? In Times Square, New York, watching the ball drop.

Where do you see yourself in 10 years? Out of the Air Force and making a new life for myself in Atlanta, Ga.

What do you like most about Britain? The pubs, clubs and lack of crime.

What would you do to make things better at RAF Lakenheath? Adjust the opening hours of all base facilities to accommodate shift workers.





Discover Britain

By Linda Laws
Community relations advisor

'On the one hand, fire has helped to keep man warm, cook his food and provide light with which to see, but on the other hand, fire has also been his enemy. He describes fire as being like a caged wild beast—if treated carefully and with respect, it will be a friend and companion, but if abused and allowed to get out of hand, will cause untold devastation and loss of life'

Fire, man travel together through time...

Thenever one thinks of the fire service it's usual to make an association with bad news. In a book on fire-fighting in Suffolk, Graham Saward talks about the important role fire has played over thousands of years. Saward is still a serving fire officer in Suffolk. On the one hand, he talks about how fire has helped to keep man warm, cook his food and provide light with which to see, but on the other hand, fire has also been an enemy. He describes fire as being like a caged wild beast – if treated carefully and with respect, it will be a friend and a companion, but if abused and allowed to get out of hand, will cause untold devastation and loss of life.

Roman fire-fighters

We know that firefighters existed in Roman times. Roman firefighters were well-trained, courageous and devoted to each other and to saving lives. When danger was at its greatest, they knew they could rely on their mates, trusting them with their own lives. At the same time, they were a cheerful, irreverent lot. There is a story that the Roman orator Cicero (106 - 43 B.C.) recorded one group which set off on a nightly watch tour of the city and discovered smoke billowing above a garden wall. They burst their way in, and smothering the fire with their full supply of water to put it out, they then discovered that they had ruined a religious sacrifice.

At that time, firefighters were part of the army. Officially they were called "Vigiles" but because they all carried the earliest item of fire-fighting equipment - a bucket made from Esparto grass and tarred to help it hold water - they were known as "sparteoli" or bucket boys. Evidence of the presence of Vigiles remains today in the ruins of a fire station at Ostia, outside Rome, where a stone pillar carries carvings of details of their job and equipment. This included hooked poles, blankets, ladders, sponges, brooms, buckets, wickerwork mats, pickaxes and felling

axes – many of them still used by today's firefighters.

Records show that the Vigiles came to Britain and marched across the country with the columns of the Roman Army. They settled in Chester-le-Street and near Hadrian's Wall in Northumbria. They combined their firefighting duties with those of an early type of police officer.

Rebirth of fire-fighting

After the departure of the Romans, firefighting in this country declined for many years. Around Shakespeare's time in the late 1500s, early versions of fire engines started to appear. Some were home-built, but the more sophisticated ones were being imported – mostly from Germany. A turning point came after the Great Fire of London in 1666, after which stringent fire laws were brought in along with fire-related architecture. In came the brickbuilt Queen Anne houses with gaps between them and the use of wider roads instead of small lanes.

It was during World War II that the National Fire Service was formed in 1941 under the control of the Home Office. Many fires were started during the blitz attacks at this time. Today the fire service is back under the control of County Councils.

Fire-trucks

Early vehicles were often horse-drawn or pulled by the firefighters. Various methods were used to warn of the appliance's arrival. Some brigades employed a bugler and in some villages the church bells were used to warn of danger. Whistles were also used.

Fires in local history

East Anglia has had its share of devastating fires. Bury St. Edmunds was burnt and plundered in 1010 by Sweyn, King of Denmark, when he invaded England.

The Great Fire of Brandon took place on May 14, 1789, when fire broke out at the home of the surgeon, Mr. Shanley, and spread to many adjoining buildings.

During the space of two hours, 37 houses and many other buildings were destroyed in a fire in Mildenhall in 1507.

The modern fire-fighter



Photo by Capt. Patrick Ryder

Fire-fighting equipment has changed a lot since early Roman times. Here, SSgt. Steven Tate, RAF Lakenheath Fire Department, dons the gear of modern firefighters.

The role of the firefighter has expanded over the years. Today, the fire service is called upon to deal with other incidents which come under the heading of "special services." Such incidents include attendance at road traffic accidents, lift rescues, chemical spills and the rescue of children and pets. According to authors Neil Wallington and Sally Holloway in their book "Fire and Rescue," the 1990s firefighter needs to be engineer, electrician, chemist, building, doctor and psychologist all rolled into one – a far cry from the days of brass helmets and steampowered fire pumps when the sole task of firemen in city and parish was simply to be ready for the old enemy-fire.

Lakenheath-Feltwell Community

Columbus day hours

The main exchange is open from 10 a.m. - 7 p.m. Columbus Day, Monday. The commissary will be open Tuesday normal hours.

Child-care fees rise

Child care fees increase Oct. 27. Specific information on fees, family income and the fee increase is being provided to families in the program. For more information, call Karen De Yoe, child development program, Ext. 3285; Rodney Tramble, youth center director, Ext. 3180; or Heidi Welch, family member support flight chief, Ext. 2410.

Adoption symposium

An adoption symposium is from 10 a.m. 4 p.m. Oct. 19 at the family support center. The workshop is for families interested in adoption, have already adopted and who have just begun the adoption process. Presentations focus on legal issues, medical and developmental issues and trans-racial issues. Families who have been through the adoption process, staff from both the Adoption Exchange and the Voice for International Development and Adoption and adoption professionals from local communities will be present to answer any questions. To register or for more information, call Ext. 3847.

Blood drives

The 48th Medical Group holds blood drives from 8:30 a.m. - 3:10 p.m. Thursdays at the RAF Lakenheath blood donor center every two weeks. Blood drives in October are Thursday and Oct. 30. To make an ap-

pointment call Ext. 6524.

Yuletide bazaar

The RAF Mildenhall Enlisted Spouses' Club's bazaar committee needs sales recorders Nov. 15 - 16. Volunteers will be offered baby-sitting, a chance to shop early Nov. 14 and chances to win trips and other door prizes. For more information on volunteering, call Kathryn Cole at (01638) 510117, or Chantel Lemaster at (01353) 675201.

Pumpkin carnival

The great pumpkin carnival begins at 5 p.m. Oct. 31 at RAF Feltwell Elementary School. Any squadron units or booster clubs interested in selling food or providing a game for the carnival, or anyone interested in volunteering, should call Linda Paladini at (01842) 828671 or (01953) 885818.

Term II schedule

The term II schedule for college courses is on the base intranet and can be found at the 48th Mission Support Squadron home page: http://lww/lakenheath/48thSupport Group/48MSSCC/WEBPG/DPE/page2/page2.htm.

Central Texas College

Central Texas College Term II registration begins Tuesday. Courses include: Managing Child Care Centers; Learning Environments II; First Responder; Sports Injuries; and more. For more information call Karla Akin at Ext. 3177 between 8:30 a.m. - 4:30 p.m. Monday - Thursday.



Photo by SSgt. Scott Davis

Spouse day

Deborah Watson "suits up" for a ride in an F-15 simulator during the 494th Fighter Squadron's spouses' day Sept. 26. The squadron offered spouses an orientation briefing, simulator tour and opportunity to ride in the back seat of an F-15 while taxiing. Other squadrons have also held spouse days.

School's column College program

Advancement via Individual Determination is a college-preparatory program for students at RAF Lakenheath High School. The AVID program needs volunteer tutors for the AVID class during school hours. The school has a rotating schedule, so volunteers must have flexible time. People skilled in English grammar and literature, sciences, math and social studies are desired. Call Celestine Mathews at Ext. 1792 or Ext. 3115 for more information.

Drama production

The RAF Lakenheath High School drama department performs in "All in the Timing" at 7:30 p.m. Oct. 22, 23 and 24 in the high school auditorium. For more information call Ext. 5610 or Ext. 3115

Chapel services

Catholic services

Daily Mass

Monday 11:30 a.m.

Tuesday 5 p.m.

Wednesday 11:30 a.m.

Thursday 5 p.m.

Friday 11:30 a.m.

Saturday Mass 5 p.m.

Sunday Mass 5 p.m.

Sunday Mass 5 p.m.

Sunday Mass 5 p.m.

Sunday Mass 11:30 a.m.

Sunday Mass 11:30 a.m.

Sunday Mass 11:30 a.m.

Religious education classes-Feltwell school cafeteria (Sunday) 10:15 a.m.

Religious educational classes-RAF Lakenheath Elementary School (Sunday) 11 a.m.

Protestant services

Liturgical service (Sunday) 8 a.m.

Shared-faith service (Sunday) 11 a.m.

Liturgical service (Sunday) 8	a.m.
Shared-faith service (Sunday)11	a.m.
Gospel service (Sunday)1	p.m.
Shared-faith service at Feltwell10	a.m.
Sunday school at Feltwell9	a.m.
Denominational - Lutheran Wisconsin Sy	ynod
(First Sunday each month Feltwell) 1	p.m.
Denominational - Assemblies of God Sunday N	vight
Live (Sunday)6	p.m.
Denominational - Grace Bible fellowship	
(Sunday at Feltwell) 4	p.m.
(Wednesday at Feltwell)7	p.m.
Sunday school at Lakenheath Elem9:30	a.m.

Islamic services

Islamic Circle Thursdays, 5-6 p.m. For details, call Maj. Laurence Brown at Ext. 2810

Jewish services

Services are held at the RAF Mildenhall chapel on the first and third Fridays of the month at 6 p.m. The officiating rabbi is Chap. (Maj.) Brett Oxman. Call DSN 238-2822 or (01638) 542822 for details. The RAF Lakenheath Jewish Lay Leader is Capt. Alan Perlman, Ext. 6328.

Orthodox (Christian) services

Call Lakenheath chapel at Ext. 3711 for details.

For emergency

For emergencies during duty hours call Ext. 3711 or the base command post at Ext. 4233 after duty hours. For information on services in the community, call Ext. 3711.

What's on Services

Friday

- ☐ Open skating is from 7-11 p.m. at the skating rink. (Ext. 1627)
- ☐ The band Young Country plays from 9 p.m. 2 a.m. at the rod and gun club. (Ext. 2368) ☐ Prime rib and crab legs is the Liberty Club's dinner special, served from 5-9:30 p.m. (Ext. 3869)

Saturday

- □Global Volksport XVII '97 begins at 8 a.m. Walk, cycle and/or swim. (Ext. 2221 or 2146)
- ☐ Information, Tickets and Tours sponsors trips to Blenheim Palace and the Nottingham Ghost Walk. (Ext. 2979)
- ☐ A video club for children 6-8 meets from 1-3 p.m. at the youth center. (Ext. 3180)

Sunday

- ☐ A sporting shoot is all day at the rod and gun club. (Ext. 2368)
- ☐ Family skating is from 2 6 p.m. at the skating rink. (Ext. 1627)
- ☐ Sunday brunch, featuring Italian cuisine, is from 10 a.m. 2 p.m. at the Liberty Club. Brunch at the officers' club is from 9 a.m. noon and is open to all ranks. (Ext. 3636).

Photo contest

Today is the last day to enter the Air Force annual photography contest. Call Ext. 2194 for details or stop by and pick up a brochure.

Card and comic-book fair

A sports-card and comic-book fair is from 10 a.m. - 4 p.m. Oct. 18. Vendors' tables cost \$10. For details call Ext. 2221.

Pumpkin-carving competition

The arts and crafts center accepts entries for the pumpkin-carving competition Oct. 25-28. Carved pumpkins are judged Oct. 29. Categories are: category one — ages 7 and under, category two — ages 8 - 15, and category three — ages 16 and older. Entry is free. For more information call Ext. 2194.

DOD Show

The community center show "Oriente," has been canceled. For more information call Ext. 3662.

Family child care orientation

Family child care orientation training is from 8:30 a.m. - 2:30 p.m. Tuesday through Thursday at the RAF Mildenhall chapel. Prospective providers must live in government housing, be 18 and be a family member of a military or civilian employee. For more information call Ext. 3718.

ITT featured trips

Information, Tickets and Tours offers the following trips for October: The Nottingham Ghost Walk — today; Mousetrap Theater Night — Oct. 22; and the Robin Hood Pageant — Oct 25. They also have several special Halloween tours. Call Ext. 2979 for more information or stop by ITT to pick up

an October - November tour brochure.

Ballet instructor needed

The 48th Services Squadron needs a qualified ballet instructor for youth classes at RAF Feltwell. Applicants must have one year's experience teaching children. For more information call Erica Riddle or Geri Beers at Ext. 2232.

Decanter on sale

The 48th Services Squadron is selling the 48th Fighter Wing U.S. Air Force 50th Anniversary souvenir decanter at the Liberty and the officers' clubs. Cost is \$29.95 and there is a limited number. For more information call Ext. 2613.

Upcoming skill classes

The arts and crafts center's upcoming classes include cake decorating, egg crafting, photo-album decorating, and rubber stamping. For details on these classes call Ext. 2194.

Computer users group

The next computer users group meeting is at 7 p.m. Oct. 16 at the RAF Lakenheath Community Center. For details call Ext. 2221.

Boss' Day balloon delivery

The The RAF Lakenheath Community Center offers balloon delivery for Boss' Day Thursday. Prices begin at \$6.50 and include delivery if booked 48 hours in advance. Orders are now being accepted. Call Ext. 2221 to place an order.

Yoga class

Yoga and relaxation classes are from 6:30 - 8 p.m. Tuesdays. at the RAF Lakenheath Community Center. Cost is \$25 for four weeks. Call Ext. 2221 for more information.

At the movies

RAF Lakenheath

Today

7 p.m. – "A Simple Wish" (PG) Starring Martin Short and Mara Wilson. Anabel wishes for a fairy godmother but gets Murray, a poor spell-caster, instead. Meanwhile, an evil fairy godmother tries to take over all the wishes of the world.

9:30 p.m. – "Men in Black" (PG-13) Starring Tommy Lee Jones and Will Smith. Jones and Smith work for a top secret government agency dealing with aliens on earth. The two discover a deadly intergalactic plot.

Saturday

4 p.m. – "Men in Black" (PG-13)

7 p.m. – "Nothing to Lose" (R) An attempt to mug an advertising executive goes awry when the businessman takes the mugger hostage. 9:30 p.m. – "The Peacemaker" (R) Starring George Clooney and Nicole Kidman. The theft of a nuclear weapon places Clooney and Kidman into the former Soviet Union to stop a plot aimed at terrorizing the world.

Sunday

4 p.m. – "Nothing to Lose" (R)

7 p.m. – "The Peacemaker" (R)

Monday

7 p.m. – "The Peacemaker" (R)

Tuesday

7 p.m. – "Contact" (PG) Starring Jodi Foster and Matthew McConaughey. An astronomer detects radio signals from outer space and becomes the first person to meet alien beings.

Wednesday

7 p.m. – "The Peacemaker" (R)

Thursday

7 p.m. - "Contact" (PG)

RAF Mildenhall

Friday

7 p.m. - "George of the Jungle" (PG) Starring Branden Fraser and Leslie Mann. George, Ursula and their animal friends fight off poachers

9:30 p.m. – "Good Burger" (PG) Starring Kel Mitchell and Kenan Thompson. Ed and Dexter, two high school teenagers on vacation in Los Angeles, find summer jobs at a burger joint and try to save it from going out of business.

Saturday

7 p.m.. – "George of the Jungle" (PG)

9:30 p.m. – "LA Confidential" (R) Starring Kevin Spacey and Russel Crowe. Three policemen become caught up in organized crime and corruption in 1950's Los Angeles.

Sunday

4 p.m. – "George of the Jungle" (PG)

7 p.m. - "LA Confidential" (R)

Monday

7 p.m. – "187" (R) Starring Samuel Jackson and John Heard. An urban high school teacher returns to the classroom after recuperating from a knife attack by a student.

Tuesday

7 p.m. – "187" (R)

Wednesday

7 p.m. - "LA Confidential" (R)

Thursday

7 p.m. – "Good Burger" (PG)

Sports Shorts

Youth basketball registration

Registration for youth basketball begins Oct. 20. Youths 5 - 18 are eligible for registration. Coaches are also needed. Cost is \$25 for the first child and \$20 for each additional child in the family. A basketball clinic for the registered youth is Dec. 22, 23, 29 and 30. For more information call Gary Vicsik at Ext. 89-2990.



High school football

The RAF Lakenheath High School varsity and junior varsity teams host Wuerzburg High School football teams here Saturday. The junior varsity teams kickoff at 10:30 a.m. and the varsity

teams play at 1 p.m.

Intramural basketball

The deadline to enter an intramural basketball team is Oct. 21 and the season starts Nov. 3. For more information call SSgt. Jennifer Major at Ext. 3879.

Intramural team racquetball

A coaches' meeting for intramural team racquetball is at 10 a.m. Tuesday in the health and wellness center conference room. The deadline to enter a team is Oct. 28 and the season starts Nov. 11. Teams consist of four people — two singles and one doubles team. For more information call SSgt. Jennifer Major at Ext. 3879.

'Tournament of Champions'

The "Tournament of Champions" is Oct. 18 at the golf course. Sign up by Thursday. Cost is \$20 to advanced green-fee holders and \$30 to all others. The event is open to all identification-card holders and their guests. More than \$3,500 worth of prizes will be given away. For details call Ext. 2223.

Golf course specials

The golf course is running two specials. The first is a five-round punch card. Cost is \$32 for E-1 through E-4s and \$40 for E-5s and up.

The second special is a beginners' package. For \$79.95, a beginner gets three lessons, three rounds of golf, three rounds of club rentals, 10 buckets of range balls and \$20 off a set of clubs, if purchased. For more

information call Ext. 2223.

Golf instruction

The golf course has instruction from 5:30 - 7:30 p.m. Tuesdays and Thursdays for military identification-card holders 16 and older. Cost is \$5 and includes all the range balls you can hit. Call Ext. 2223 for details.

Golf pro-shop specials

The golf pro shop offers the following specials in October: now - Wednesday, 10-percent off all Ben Sayers clubs; and Thursday - Oct. 31, 10-percent off ladies clothes and Ryder Cup clothes. For more information call Ext. 2223.

Volksport '97

The RAF Lakenheath Community Center, outdoor recreation and the swimming pool staff sponsor Volksport '97 Saturday at Brandon Country Park. Pre-registration is available until the day of event for the walking portion. Entry is free. Medals and stamps will be sold.

Start time for the short walk, long walk and cycle portions is 8 a.m. and the swim start time is noon. Registrations are accepted at outdoor recreation, the swimming pool and the RAF Lakenheath, RAF Feltwell and Shepherd's Grove community centers. For more information call Ext. 2221 or 2146.

Climbing at youth center

The youth center offers climbing classes for the "Radical Rock" from 5:30 - 6:30 p.m. Tuesdays. Cost is \$3 per session. Open climbing is available from 5:30 - 9 p.m. Thursdays for those who have taken four climbing classes. Cost is \$3 per session. To sign up call Ext. 3180.

Shepherd's Grove Tae Kwon Do

The Shepherd's Grove Community Center offers Tae Kwon Do classes at 7 p.m. Wednesdays and 7:30 p.m. Fridays. Classes are available for children and adults. For more information call (01359) 250269.

Adult swimming lessons

Adult swimming lessons are from 6:45 - 8:30 p.m. Thursdays at the swimming pool. Cost is \$18 for four lessons. Two different classes are offered: adult beginner and stroke improvement. Call Ext. 2815 for details.

Intramural flag football standings as of Oct. 5

Team	W	L
48 TRANS	8	5
48 SFS	8	5
48 CONS	4	9
48MEDGRP	10	3
48CES	3	10
48 LANCEFLT	5	8
48 MSS	9	4
48 CRS	7	6
48 COMM	12	1
493 FS		
18 EMS	Q	1

Intramural golf standings as of Sept. 30

Team	W	L
48 SUPPLY	12	4
372 TRS Det 16	7	8/1
EMS 2	9	5
494 FS	9	2/1
48 LSS	6	9
EMS 1	11	4/1
492 FS	13	3
493 FS	9	8
48 COMM	13	2
48 CRS 2	10	4
48 OSS	10	4
48 CRS 1	14	1/1

Standings provided by the fitness and sports center, Ext. 3607.

Feltwell step classes

Step-aerobics classes are from 7 - 8 p.m. Mondays, Tuesday and Thursdays at the RAF Feltwell Elementary School. For more information call Ext. 5076.

Skating rink

The skating rink staff books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. To reserve a date, call Ext. 1627.

Bowling tournament

The next Colourama tournament is at 7:30 p.m. Saturday. For more information call Ext. 2108.

Pick-a-price

Liberty Lanes offers "Pick-a-price" from noon - 5 p.m. weekdays. Pick a colored chip and pay the price that corresponds to that color. Prices range from 50 cents to \$1 per game. For more information call Ext. 2108.